



MIXED VEGETABLES, LOW-SODIUM, CANNED

Date: July 2009

Code: A057

PRODUCT DESCRIPTION

- Canned mixed vegetables consist of seven vegetables: carrots, celery, corn, green beans, peas, lima beans, and potatoes.
- Canned mixed vegetables are a low-sodium food.

PACK/YIELD

- Each can contains about 15 ounces, which is about 1 ½ cups or 3 servings (½ cup each) after cooking and draining.

STORAGE

- Store unopened cans in a cool, clean, dry place.
- Store remaining opened mixed vegetables in a tightly covered container not made from metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container not made from metal.

USES AND TIPS

- Serve canned mixed vegetables heated, or use in a variety of main dishes, soups, and salads.

NUTRITION INFORMATION

- ½ cup of mixed vegetables counts as ½ cup in the MyPyramid.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cup of vegetables.
- ½ cup of mixed vegetables provides more than a day’s worth of vitamin A and 10% of daily fiber needs.

FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor, or liquid spurts out when the can is opened, **throw it away**.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: ½ cup (82g) mixed vegetables, low-sodium, canned, drained

Amount Per Serving

Calories	40	Calories from Fat	0
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% Daily Value*

Total Fat 0g	0%
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Saturated Fat 0g	0%
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Trans Fat 0g	
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Cholesterol 0mg	0%
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Sodium 120mg	5%
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Total Carbohydrate 8g	3%
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Dietary Fiber 2g	10%
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Sugars 2g	
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Protein 2g	
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Vitamin A 190%	Vitamin C 4%
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Calcium 2%	Iron 2%
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*Percent Daily Values are based on a 2,000 calorie diet.

QUICK CHICKEN AND VEGETABLE SOUP

MAKES ABOUT 4 SERVINGS

Ingredients

- 1 onion, chopped
- 1 can (about 15 ounces) low-sodium chopped or crushed tomatoes with liquid
- 1 can (about 13 ounces) low-sodium chicken broth
- ½ cup chicken, cooked and chopped
- 1 can (about 15 ounces) low-sodium mixed vegetables with liquid
- ¼ teaspoon thyme, dried or ground (if you like)
- ⅛ teaspoon ground pepper

Directions

1. Use only cooked chicken (not raw) for this recipe.
2. Peel and chop the onion.
3. Put the tomatoes and broth in a pan. Cook on medium heat until they boil.
4. Add the onion. Turn the heat to low, and simmer for 5 minutes.
5. Add ground pepper, mixed vegetables, and chicken. If using thyme, add that in too. Cook for 2 minutes.

Nutrition Information for 1 serving (1 cup) of Quick Chicken and Vegetable Soup

Calories	160	Cholesterol	15 mg	Sugar	7 g	Vitamin C	20 mg
Calories from Fat	20	Sodium	340 mg	Protein	13 g	Calcium	90 mg
Total Fat	2 g	Total Carbohydrate	26 g	Vitamin A	680 RAE	Iron	3 mg
Saturated Fat	0 g	Dietary Fiber	6 g				

Recipe adapted from Allrecipes.com.

SUMMER VEGETABLE SALAD

MAKES ABOUT 4 SERVINGS

Ingredients

- 1 can (about 15 ounces) low-sodium mixed vegetables, drained
- ½ cup green peppers, chopped
- ¼ onion, chopped
- ¼ cup vegetable oil
- 1 tablespoon water
- ¼ cup white sugar
- ½ cup white vinegar
- ¼ teaspoon salt
- ¼ teaspoon ground pepper

Directions

1. Mix canned vegetables, green peppers, and onion in a bowl.
2. Combine oil, water, sugar, vinegar, salt, and pepper in separate bowl.
3. Combine vegetables and liquid; mix all together.

Nutrition Information for 1 serving (½ cup) of Summer Vegetable Salad

Calories	230	Cholesterol	0 mg	Sugar	16 g	Vitamin C	21 mg
Calories from Fat	120	Sodium	310 mg	Protein	3 g	Calcium	36 mg
Total Fat	14 g	Total Carbohydrate	24 g	Vitamin A	623 RAE	Iron	1 mg
Saturated Fat	1 g	Dietary Fiber	4 g				

Recipe provided by Delmonte.com.